

## Cancer *Didn't* Stop Her



Genevieve "Renee" Setreu

*"The itching, burning pain of the growing mole was the last straw. My life was already overwhelming. Yet somehow, I remembered the key I needed most - to go to the Source of my being. The One who created me must certainly hold the power to heal me as well. And if I was wrong and passed on despite my efforts? I decided to let my faith lead.*

*'You should already be dead.'* The doctor's carefully controlled tone betrayed his severe concern. I looked at him calmly. 'You think I don't know that?!' He confirmed that I had a dreaded form of melanoma that usually kills within 6 months. Yet in the past 7 months I had seen it disappear twice - and return three times. Miraculously, it had not metastasized. Why?

*Using Vitality Breathing, I determinedly held open the door for healing in my body, every single day, one day at a time. Finally, after 5 years of intense commitment, working with thought, emotion, diet and lifestyle, the cancer left me. All the pain and exhaustion was gone. That was 24 years ago. Today I continue working to maintain a strong immune system.*

# What IS Vitality Breathing?

Vitality Breathing offers a **powerful and enjoyable** approach to increase wellbeing on every level. It **promotes personal health and strength** through integration of incomplete or forgotten life experiences, which are stored as tension in the body.

When we have experiences we feel are too intense, we unconsciously restrict or interrupt the flow of our breathing. Vitality Breathing allows us to release and heal these memories and tensions, thus opening the flow of healing life energy.



The **oxygen we breathe is a potent cleansing agent in the body**, carrying waste away from every cell. When the body has an inadequate supply of oxygen due to restricted or out-of-balance breathing, toxicity and tension build in the cells and muscles. This tension eventually distorts the structure of the body, affecting the spine, body posture and, if unchecked, leads finally to pain and illness. This **deterioration of wellbeing can be slowed and even reversed** through re-patterning hitherto unconscious breathing habits.

## What Can Vitality Breathing Do for Me?

- ◆ Relax your body and mind, and uplift your spirit - *clear away stress*
- ◆ Focus and expand your mental ability
- ◆ Strengthen your physical health
- ◆ Develop emotional peace and resiliency



- ◆ Experience new clarity, joy and power in relationships
- ◆ Increase personal creativity and productivity
- ◆ Work out issues of time and timing
- ◆ Break cycles of old, unfulfilling patterns
- ◆ Connect to your best inspired vision and meaningful next steps



- ◆ Deepen your core capacity to receive love, and to give it
- ◆ Refine your 'inner game' to support financial wellbeing
- ◆ Reveal and strengthen your greatest joys and unique life's purpose
- ◆ Expand your sense of FREEDOM and JOY over simply being ALIVE.

## Breathwork for Today

Breathwork is a time-tested tool for personal growth and healing, long used for a wide array of purposes. Anyone whose breathing is less than full, free and balanced can experience significant benefit. A variety of methods are advocated by natural childbirth coaches, relaxation therapists, personal development programs, trainers and health practitioners. They all provide overwhelming evidence of the amazing power of healthy breathing.

Proper breathing can bring greater joy, balance and clarity to any aspect of one's life. Through breathwork, one finds all the levels of one's awareness being drawn into an experience of remarkable wholeness, simplicity and inner peace. Tension and stress fade into relaxation, without the use of expensive drugs or gadgets, and inspired solutions come to mind. Confidence in one's ability to navigate a rapidly changing world increases.

Today practitioners offer breathwork to resolve mind/body issues, promote right/left brain integration, and access expanded creativity. Historically, breathing has been used in various forms, such as the Christian 'breath prayer', to quiet and focus the mind for spiritual benefit. In the 1970's Leonard Orr developed a modern form of cleansing breath, initially known as 'rebirthing' due to its profound regenerative effects. Subsequent practitioners like Stanislav Grof brought further refinements in the 90's.

Renee has taught breathwork and related seminars and trainings since 1982. She trained for 3 years with leaders in the field such as Leonard Orr, Sondra Ray, Phil Laut, Jim Morningstar and Nick Deach. Out of her work with thousands of students of all ages and backgrounds she has evolved the Vitality Breathing methods she currently uses.

A session lasts 1-2 hours.  
For more information and to  
schedule seminars, groups  
or individual sessions, contact  
Renee at  
(530) 938-1653.

Individual Session - \$125, or sliding scale based  
upon financial need.  
Series discounts available.

"This breathwork is the greatest gift  
anyone has ever given me in my whole  
life!"

- L. M., Teacher, Mt. Shasta

"I've really made a commitment to be here  
- only because it works, no other reason.  
Otherwise, why bother?"

- V. A., Psychotherapist, Mt. Shasta

"I'm here because every time I come, I get  
the value of 10 years of psychotherapy."

- S. C., Business Owner, Mt. Shasta

"My girls were out of control and I didn't  
know what to do. Then I had the idea to  
start teaching them breathwork. They were  
ready and have grabbed ahold of these  
powerful tools. Now we are once again  
moving forward together, compatriots in  
our shared journey toward wholeness."

- A. S., Mother, Mt. Shasta

# Vitality Breathing™



With

*Genevieve "Renee" Getreu*